

## **From the Pastor's home office**

### **Psalm 100**

**A psalm. For giving grateful praise.**

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;  
come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his;  
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving

and his courts with praise;

give thanks to him and praise his name.

For the Lord is good and his love endures forever;

his faithfulness continues through all generations.

This is a week of grateful praise. Our Wednesday evening prayer session is a year old. According to the church facebook page, it was during the announcements on Easter Sunday last year that I asked if anyone would be interested in joining together for a time of silence, scripture, prayer and gratitude. Thankfully I received a large enough response to decide this was worth starting.

For those of you who are not on the FB page and might not know what this is, I will explain. At 9pm on Wednesday evenings, I go on the livestream of Facebook and lead a group of people in two minutes of silent deep breathing, a scripture reading which is read twice, prayer which is made up of prayer requests that people have given to me, a time of gratitude and a benediction. I found this model for evening prayer while I was worshipping with the Vaughn Presbyterian Church during the few weeks before we began livestreaming our own service last year. Rev. Angie Song and Rev. Joe Bae were going to alternate leading a twenty minute prayer session on Tuesday evenings. After participating with them a few times and then hearing on the radio how important two minutes of

deep breathing could be during times of stress, I was convicted to begin this with our congregation.

I hoped that at least three or four would be with me each Wednesday evening. I have been so pleased to see that there are usually ten on the livestream and I know that there are others who participate with the video. I also wondered how I would time twenty minutes. I recruited John to time my two minutes of deep breathing and silence but I was not sure how to time the rest of the session. Apparently, I did not need to worry. The session has been as short as eighteen minutes and as long as twenty three minutes. Somehow, as promised, this is a twenty minute prayer session.

I am also very grateful for people's participation. This prayer time is special because it is somewhat interactive. People are able to give me prayer requests ahead of the prayer time. We share our insightful words from the scripture that is read and our words of gratitude.

This is my grateful praise to God this week. I hope that each of you are able to be grateful to God as well. Let us praise the Lord for His Goodness to us.